

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday	Announcements
2	830 Zumba	8:30am Amped Up Aerobics	4 830 Zumba	5 8:30am Dance Party	6		<b>October 2023 Waretown Older Adult Calendar of Activities</b>
	915 Toning	930am Jazzercise	915 Toning	9:30am Jazzercise			<b>Waretown Community Café - Congregate Meal Schedule</b>
	11am Sit n Be Fit	11am Sit n Be Fit	11am Sit n Be Fit	9:30am Amped Up Aerobics			Engel Sprague Senior Center - 239 11th St Waretown (GPS Barnegat)
	12 pm Congregate Meal	12 BINGO & Pizza w Seaview Ortho	12pm Congregate Meal				Contact person: Jeanne Broadbent 609-548-6319
	\$2donation requested	12 Lunch provided by Fulfill	\$2donation requested				email recreation@twpoceannj.gov
	12 Nutritionist Jennifer Collins	12pm MahJong	1230 G.C. BINGO w/ HelpAlert				Website: <a href="http://www.twpoceannj.gov">www.twpoceannj.gov</a>
	1pm DOMINOES / MEXICAN TRAIN	10am Must let Jeanne know if you want a meal tomorrow	1pm Cards		RSVP by 10am for MONDAYS		 Funded in part by a grant from the Ocean County Board of Commissioners
	10am Must let Jeanne know if you want a meal tomorrow				Congregate meal		
9		10 8:30am Amped Up Aerobics	11 830 Zumba	12 8:30am Dance Party	13		<b>Congregate Meals served every Monday &amp; Wednesday</b>
		930am Jazzercise	915 Toning	9:30am Jazzercise			Please arrive by 11:45pm
		11am Sit n Be Fit	11am Sit n Be Fit	9:30am Amped Up Aerobics	10A-2P		You must RSVP your intent to attend by 10am the day before
	COLUMBUS DAY - NO ACTIVITIES	12pm GC BINGO & LUNCH w/ TALLWOODS	12pm Congregate Meal		FLU SHOT CLINIC		FRIDAY for Monday / TUESDAY for Wednesday
	TWP CLOSED	12 Lunch provided by Fulfill	\$2donation requested		30+ VENDORS AND MORE		12pm Congregate Meals - Don't forget to RSVP by 10am on Friday's to attend meals on Monday's - no same day drop ins accepted
		12pm MahJong	1230 G.C. BINGO HEALTH VILLAGE IMAGING/Briell Ortho				\$2 Donation suggested.
		10am Must let Jeanne know if you want a meal tomorrow	1pm Cards		RSVP by 10am for MONDAYS		RSVP by Email recreation@twpoceannj.gov call Jeanne 609-548-6319
					Congregate meal		
16	830 Zumba	17 8:30am Amped Up Aerobics	18 830 Zumba	19 8:30am Dance Party	20		Fulfill of Monmouth Ocean Boxed Lunches served at 12pm
	915 Toning		915 Toning				
	Senior Advisory Meeting 10:30am	930am Jazzercise		9:30am Jazzercise			You must RSVP your intent to attend by 10am on Monday
	Speaker -RWJ BARNABUS	11am Sit n Be Fit	11am Sit n Be Fit	9:30am Amped Up Aerobics			NO same day meal drop ins accepted
	11am Sit n Be Fit in Front Room	12pm Pizza & BINGO w/ Barnegat Rehab	12pm Congregate Meal				
	FULFILL - MOBILE FOOD PANTRY 12-1PM	12pm Lunch provided by Fulfill	\$2donation requested				RSVP by Email recreation@twpoceannj.gov or call Jeanne 609-548-6319
	12 pm Congregate Meal	12pm MahJong	1230 SEACREST PRICE IS RIGHT		RSVP by 10am for MONDAYS		
	\$2donation requested	12pm MahJong <small>WELBINA - Disaster Preparedness for the Whole Community 1pm-2pm</small>	1pm Cards		Congregate meal		3rd Monday of each month Fulfill brings its' MOBILE FOOD PANTRY to the center 12-1pm
	1pm DOMINOES / MEXICAN TRAIN	10am Must let Jeanne know if you want a meal tomorrow					
	10am Must let Jeanne know if you want a meal tomorrow						
23	830 Zumba	24 8:30am Amped Up Aerobics	25 830 Zumba	26 8:30am Dance Party	27		OCTOBER SPEAKER'S
	915 Toning	9:30am Jazzercise	915 Toning	9:30am Jazzercise			10-16 SENIOR ADVISORY MEETING 10:30am RWJBarnabus
	11am Sit n Be Fit	11am Sit n Be Fit	11am Sit n Be Fit	9:30am Amped Up Aerobics			
	12 pm Congregate Meal	12 BINGO & Pizza w Complete Care	12pm Congregate Meal				10-23 OCHD Memory Loss, Dementia, Alzheimers
	\$2donation requested	12 Lunch provided by Fulfill	\$2donation requested				
	1230 OCHD Memory Loss, Dementia, Alzheimers	12pm MahJong	1230 GC BINGO EXECUTIVE CARE				10-30 OCHD PRESNETATION "STRESS HAPPENS"
	1pm DOMINOES / MEXICAN TRAIN		1pm Cards				
	10am Must let Jeanne know if you want a meal tomorrow	10am Must let Jeanne know if you want a meal tomorrow					
30	830 Zumba	31 8:30am Amped Up Aerobics					
	915 Toning	930am Jazzercise					
	11am Sit n Be Fit	11am Sit n Be Fit					<b>ATTENTION:</b>
	12 pm Congregate Meal	12 BINGO & Pizza w BEACON OF LIFE			TOWNSHIP OF OCEAN MUNICIPAL ALLIANCE		1st Mon - Jennifer Collins, Nutritionist (MOW) 1230pm
	\$2donation requested	12 Lunch provided by Fulfill			 It doesn't get more local		2nd Mon - Beacon of Life - PACE
	1230 OCHD "STRESS HAPPENS"	12pm MahJong			Alliance to Prevent Alcoholism and Drug Abuse <small>creating healthier safe communities</small>		2nd - Wed Brielle Ortho / Health Village Imaging
	1pm DOMINOES / MEXICAN TRAIN				Funded in part by a grant from OCHD		3rd - Wed Seacrest Village
	10am Must let Jeanne know if you want a meal tomorrow	10am Must let Jeanne know if you want a meal tomorrow					4th - Wed Executive Care